

East Columbia 50+ Center April 2016 Events

Hours: Mondays and Wednesdays, 8:30 am-8:30 pm
Tuesdays and Thursdays, 9am-4:30 pm
Fridays, 8:30 am – 4 pm



Monday	Tuesday	Wednesday	Thursday	Friday
East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders At your service!	AARP Tax Appointments  Thursday, April 7th Wednesday, April 13th 9am – 12pm <i>by appointment only</i>	 Cecilia Simms, Constituent Representative from Congressman John P. Sarbanes office will be available to answer questions 10am-11am April 6, 2016	<div>Life Reimagined</div> Become the best version of yourself See what Life Reimagined is all about! Coming in June	9 Beginner Writing Group 9:15 Draw & Paint 9:30 Advanced Walking 10:30 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor 1
9 LegalAid 10 Chinese Painting 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 3:30 Nutrition Appointments 4 Pinochle 5 Tai Chi 2 6 Tai Chi Advance 7 Soul Line Dance 7 Children Services Bookclub 4	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 1 Weight Got You Down? 1 Zumba 2 Yoga 3 Urban Line Dance 6 Civil Law Services 5	9 Morning Stretch 10 Mahjong 10 Congressman John P. Sarbanes Outreach Services 1 Cold Brew Coffee 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance 6	9 Exercise w/Ease 9 AARP Tax Appt. 10 Yoga 11 Tai Chi Sword P 12 Poker 1 Latin Jam 1 Chess 2:30 Pilates 3:30 Tai Chi P 7	9 Beginner Writing Group 9:15 Draw & Paint 9:30 Advanced Walking 10:30 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor 8
9 LegalAid 10 Chinese Painting 11 & 12:15 Yoga 12 Mahjong 1 Box Lunch Book Club 2 Tai Chi P 4 Pinochle 5 Tai Chi 2 6 Tai Chi Advance 7 Soul Line Dance 11	9 Exercise w/Ease 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 1 My Mother's Garden Film 2 Yoga 3 Urban Line Dance 3:30 iPad Lab 6 Family Law Services 12	8 New York Trip 9 Morning Stretch 9 AARP Tax Appt. 10 Mahjong 10 Communication Toolbox 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance 13	9 Exercise w/Ease 10 Yoga 11 Tai Chi Sword P 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates 3:30 Tai Chi P 6:30 New Release Cinema 14	9 Beginner Writing Group 9:15 Draw & Paint 9:30 Advanced Walking 10:30 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor 15
9 LegalAid 10 Chinese Painting 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 4 Pinochle 5 Tai Chi 2 6 Tai Chi Advance 7 Soul Line Dance 7 Caregivers Group 18	9 Exercise w/Ease 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance 6 Family Law Services 6:30 Prepare to Care 19	9 Morning Stretch 10 Mahjong 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance 20	9 Exercise w/Ease 10 Yoga 11 Tai Chi Sword P 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates 3:30 Tai Chi P 21	9 Beginner Writing Group 9:15 Draw & Paint 9:30 Advanced Walking 10:30 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor 22
9 LegalAid 10 Chinese Painting 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 5 Tai Chi 2 6 Tai Chi Advance 4 Pinochle 7 Soul Line Dance 25	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance 7 Language Café 3:30 iPad Lab 26	9 Morning Stretch 10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance 27	9 Exercise w/Ease 10 Yoga 11 Tai Chi Sword P 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates 3:30 Tai Chi P 28	9 Beginner Writing Group 9:15 Draw & Paint 10 Nutrition Education for Walkers 10:30 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor 29

Beginner Creative Writing Class

Spring into something new! Learn and explore the art of creative writing through various out-of-the box exercises and techniques. Please call (410) 313-7680 or stop by to register.

When: Friday, April 1

Time: 9am - 10am

Cost: \$64

Cold Brew Coffee!

It's not just strong coffee over ice. Come see, learn and save yourself a ton of money! Please call (410) 313-7680 or stop by to register.

When: Wednesday, April 6

Time: 1pm

Cost: Free

Thursday Morning Yoga

Smita Jhaveri has returned! Classes begin on April 7th. Finish your week refreshed. Please stop by to register.

When: Thursday, April 7, 14, 21 and 28

Time: 10am

Cost: \$23 monthly fee

Tech Café

6th and 7th graders will teach older adults how to use their cellphones, iPads, skype, text, Facebook, and more! Seniors should bring their own devices.

When: Sunday, April 10

Time: 2pm-3:30pm

Cost: Free

The Color Purple

Join East Columbia 50+ Center on a bus trip to New York City to see ***The Color Purple***. Dinner at Virgil's Family Style Restaurant is included. For more information, please call: (410) 313-7680.

When: Wednesday, April 13

Time: 8am - depart, return at 11pm

Cost: \$235

Using our Communication Toolbox

Learn more about the tools we can use to improve our skills and help each other. Presented by Karen Hull, Dept. of Citizen Services/Office on Aging and Marsha Ansel, Howard County Mental Health Authority.

When: Wednesday, April 13

Time: 10am

Cost: Free

Prepare to Care

This is a program designed for adult children to learn about services and programs available to aging family members. Please register by calling (410) 313-5980.

When: Tuesday, April 19

Time: 6:30pm

Cost: Free

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call: **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1.

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